

Women's Health Issues: MENOPAUSE

Harmony & Health

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Menopause typically occurs between ages 45 and 60. Age-related changes in the ovaries and adrenal glands cause a gradual decline in hormone production. The type and severity of menopause symptoms vary among women and may be influenced by various factors. Many women sail through the change of mid life without any symptoms at all. Others experience a wide range of discomforts, such as: hot flashes, night sweats, mood swings, insomnia, vaginal dryness, fatigue, and water retention.

Some Products that may help:

Black Cohosh is noted for providing relief from hot flashes, night sweats, and vaginal atrophy. Its sedative properties provide a calming effect for anxiety, nervousness, and muscle spasms.

NSP's Flash Ease is an extract of Black Cohosh w/ Dong Quai to focus on relieving hot flashes and easing menopausal symptoms. (Time-released formula for maximum effectiveness.)

Dong Quai provides relief from hot flashes and vaginal dryness. It acts as a tonic to promote good health and to strengthen the blood and uterus. Its mild sedative effect helps to offset mood swings and promote relaxation during this stressful time.

PhytoSoy is a soy extract promoting bone formation; therefore counteracting osteoporosis. Use of soy may lead to fewer hot flashes & night sweats and better quality of sleep.

Wild Yam & Chaste Tree (Vitex) diminishes cramps and uterine discomfort; indirectly helping nourish bones. Sterols in wild yam can be effectively utilized by the body to produce mild progesterone-like effects, which reduces estrogen dominance.

Natural Changes is packaged nutritional supplements for mature women to nourish the body and help maintain balanced hormone levels. Each packet contains two **C-X** (for glandular support), one **Skeletal Strength** (structural support), one **Wild Yam w/Chaste tree**, one **Flax Seed oil** (EFA's) and one **NutriCalm** (an excellent source of B vitamins & herbs for stress & tension).

Progesterone Cream contributes toward new bone formation & reduces menopausal symptoms, including hot flashes & moods. This may also be helpful for those who have weight gain because of hormonal issues. Apply topically once or twice a day 3 weeks per month.

DHEA-F helps support the production of estrogen and aids with menopausal symptoms.

Essential Oils, such as **Changes** and **Clary Sage** can be helpful in relieving symptoms.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



Help Your Body Stay Healthy with Natural Remedies.